

# Belton ISD

## Base Menu Spreadsheet

### Portion Values - Detailed

Page 1

Mar 1, 2024 thru Mar 31, 2024

Elementary School LUNCH

Generated on: 2/28/2024 2:16:15 PM

	Portion Size	Cals (kcal)	Carb (g)
Fri - 03/01/2024			
Elementary School LUNCH	Total		
CHEF SALAD, HAM*GF	1 each	263	12.45
Pizza, Big Daddy- Pepperoni	slice 1/8	370	35.01
Pizza, Big Daddy- Cheese	1/8 Slices	380	36.96
Lasagna, Roll Ups	1 Each	317	39.99
BREAD STICK, GARLIC, WG 7"	1 EACH	170	25.0
BROCCOLI:1/2c- Frozen*	1/2 cup	21	2.78
Sauce, Cheese Low fat	1.5 OZ	34	4.5
Veggie Cup with Ranch	1 EACH	98	7.04
SIDEKICK, KIWI-STRAWBERRY	1 EACH	90	23.0
SIDEKICKS, BANANA/CHERRY	1 EACH	90	23.0
APPLE: Whole (1 cup) Cut*	1 CUP	72	19.06
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13
Weighted Daily Average		2148	263.93
% of Calories			49.2%
Nutrient Guideline		550-650	

Mon - 03/04/2024			
Elementary School LUNCH	Total		
BREAKFAST PIZZA*	1 each	210	26.95
Mac & Cheese - Southwest 2/3C	2/3 CUP	268	37.88
Cornbread- Super Star	1 Each	148	23.0
POTATO SMILES 1/2C	5 pieces	160	25.0
Celery Sticks with Sunbutter	1/2 Cup	213	9.69
APPLESAUCE, 1/2 cup,Blue Rasp*	1/2 cup	70	17.06
Peaches, Frozen, Cup 1/2 cup	1 Each	90	21.0
ORANGE: WHOLE, Cut	1 EACH	62	15.39
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13
KETCHUP PPI, Low Na #1	1 PACKET	10	2.0
Weighted Daily Average		1473	213.10
% of Calories			57.9%
Nutrient Guideline		550-650	

Tue - 03/05/2024			
Elementary School LUNCH	Total		
TACO SOFT, PULLED PORK	2 EACH	282	31.91
Frito Pie *GF	Servings	312	21.34
BEANS, CHARRO, Homemade Canned	1/2 CUP	51	9.37
CUCUMBER SLICES w/ LIME*	1/2 CUP	16	5.23
Strawberries,Frozen,1/2 Cup IW	1 Each	80	21.0
APPLE: Whole (1 cup) Cut*	1 CUP	72	19.06
ORANGE: WHOLE, Cut	1 EACH	62	15.39
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13
Weighted Daily Average		1117	158.42
% of Calories			56.7%
Nutrient Guideline		550-650	

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Page 2

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Elementary School LUNCH

Generated on: 2/28/2024 2:16:15 PM

	Portion Size	Cals (kcal)	Carb (g)
Wed - 03/06/2024			
Elementary School LUNCH	Total		
Beef Patty, Chicken Fried, JTM	1 Each	246	6.0
GRAVY, CREAM LOWFAT/Na , 1/4 cup	1/4 CUP	35	3.96
FISH SHAPES	4 EACH	230	20.0
ROLL, WHEAT FROZEN DOUGH	1 EACH	160	29.0
POTATOES, MASHED	1/2 CUP	70	14.0
CORN: Frozen, Seasoned	1/2 cup	73	17.4
APPLESAUCE	1/2 cup	63	14.61
APPLE: Whole (1 cup) Cut*	1 CUP	72	19.06
ORANGE: WHOLE, Cut	1 EACH	62	15.39
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13
KETCHUP PPI, Low Na #1	1 PACKET	10	2.0
Weighted Daily Average		1263	176.55
% of Calories			55.9%
Nutrient Guideline		550-650	

Thu - 03/07/2024			
Elementary School LUNCH	Total		
Pork, BBQ Pulled Pork*GF Bun	Sandwich	442	68.56
Pork, BBQ Pulled Pork on Bun	Sandwich	393	43.56
Croissant, Turkey & American	1 EACH	333	32.01
POTATO SMILES 1/2C	5 pieces	160	25.0
GREEN BEANS: Canned, Seasoned	1/2 CUP	21	4.27
Peaches, Frozen, Cup 1/2 cup	1 Each	90	21.0
APPLE: Whole (1 cup) Cut*	1 CUP	72	19.06
ORANGE: WHOLE, Cut	1 EACH	62	15.39
MILK, CHOCOLATE FF	Half Pint	110	19.0
Milk, 1% White	Half Pint	100	12.0
MAYO SALAD DRESSING, 9G*	1 EACH	30	1.0
SANDWICH FIXINGS, Condiment	1 Each	12	2.5
KETCHUP PPI, Low Na #1	1 PACKET	10	2.0
Weighted Daily Average		1833	265.35
% of Calories			57.9%
Nutrient Guideline		550-650	

Fri - 03/08/2024			
Elementary School LUNCH	Total		
CHEF SALAD, Turkey*GF	1 each	270	8.83
PIZZA, DEEP DISH CHEESE 5"	1 EACH	310	31.0
Pizza, Deep Dish Tonys Pepperoni	1 each	340	39.0
BROCCOLI: 1/2c- Frozen*	1/2 cup	21	2.78
Sauce, Cheese Low fat	1.5 OZ	34	4.5
Veggie Cup with Ranch	1 EACH	98	7.04
SIDEKICKS, SOURCHERRY-LEMON	1 EACH	90	23.0
APPLE: Whole (1 cup) Cut*	1 CUP	72	19.06
ORANGE: WHOLE, Cut	1 EACH	62	15.39
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13

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Page 3

Mar 1, 2024 thru Mar 31, 2024

Elementary School LUNCH

Generated on: 2/28/2024 2:16:15 PM

	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories		1539	185.74 48.3%
Nutrient Guideline		550-650	

Mon - 03/18/2024			
Elementary School LUNCH	Total		
SLOPPY JOE ON WHEAT BUN	SERVINGS	301	42.0
SLOPPY JOE ON GF BUN*	SERVINGS	381	54.0
CHICKEN FILET, BRD ON WG BUN	Sandwich	400	48.01
Chicken Fillet WG on GF Bun	1 Each	480	60.01
POTATO SMILES 1/2C	5 pieces	160	25.0
GREEN BEANS: Canned, Seasoned	1/2 CUP	21	4.27
Strawberries,Frozen, 1/2 Cup IW	1 Each	80	21.0
APPLE: Whole (1 cup) Cut*	1 CUP	72	19.06
ORANGE: WHOLE, Cut	1 EACH	62	15.39
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13
KETCHUP PPI, Low Na #1	1 PACKET	10	2.0
Weighted Daily Average % of Calories		2209	325.87 59.0%
Nutrient Guideline		550-650	

Tue - 03/19/2024			
Elementary School LUNCH	Total		
TACOS, SOFT - BEEF GROUND	2 Tacos	397	33.31
ENCHILADAS, Beef, Elementary	2 each	343	38.85
RICE, SPANISH BROWN	1/2 CUP	281	57.57
TACO FIXINGS, Condiment	1 Each	9	2.02
Salsa - 3 oz. Red Gold	1-3oz. cup	25	5.0
CORN: Frozen, Seasoned	1/2 cup	73	17.4
CUCUMBER SLICES w/ LIME*	1/2 CUP	16	5.23
Mango, Frozen Chunks	1/2 cup	73	16.99
ORANGE: WHOLE, Cut	1 EACH	62	15.39
APPLE: Whole (1 cup) Cut*	1 CUP	72	19.06
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13
Weighted Daily Average % of Calories		1594	245.96 61.7%
Nutrient Guideline		550-650	

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### Portion Values - Detailed

Page 4

Mar 1, 2024 thru Mar 31, 2024

Elementary School LUNCH

Generated on: 2/28/2024 2:16:15 PM

	Portion Size	Cals (kcal)	Carb (g)
Wed - 03/20/2024			
Elementary School LUNCH	Total		
STEAK FINGERS: 4	SERVING	315	19.28
Chicken Popcorn*	SERVING (12)	250	15.0
ROLL, WHEAT FROZEN DOUGH	1 EACH	160	29.0
POTATOES, MASHED	1/2 CUP	70	14.0
GRAVY, CREAM LOWFAT/Na, 1/4 cup	1/4 CUP	35	3.96
GREEN BEANS: Canned, Seasoned	1/2 CUP	21	4.27
APPLESAUCE	1/2 cup	63	14.61
APPLE: Whole (1 cup) Cut*	1 CUP	72	19.06
Oranges Mandarin, Canned	1/2 Cup	80	18.96
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13
KETCHUP PPI, Low Na #1	1 PACKET	10	2.0
Weighted Daily Average		1317	175.27
% of Calories			53.2%
Nutrient Guideline		550-650	

Thu - 03/21/2024			
Elementary School LUNCH	Total		
HAMBURGER (2.5) on GF Bun*	SERVING	406	44.0
HAMBURGER (2.5) on Wheat Bun	SERVING	326	32.0
CHEESEBURGER on GF Bun*	1 each	521	47.0
CHEESEBURGER on Wheat Bun	1 each	441	35.0
POTATO, SEASONED CRINKLE CUT	3 OZ EACH	130	22.0
Carrots, Baby*	1 Each	35	8.0
Ranch, Cup Light 1 oz.	1 Each	70	1.0
FRUIT COCKTAIL: 1/2 cup	1/2 cup	62	17.63
APPLE: Whole (1 cup) Cut*	1 CUP	72	19.06
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13
KETCHUP PPI, Low Na #2	2 PACKETS	20	4.0
MUSTARD, PREPARED - PPI*	PACKET	4	0.23
Weighted Daily Average		2330	265.05
% of Calories			45.5%
Nutrient Guideline		550-650	

Fri - 03/22/2024			
Elementary School LUNCH	Total		
CHEF SALAD, HAM*GF	1 each	263	12.45
Pizza, Big Daddy- Pepperoni	slice 1/8	370	35.01
Pizza, Big Daddy- Cheese	1/8 Slices	380	36.96
ROTINI (WG) WITH MEATBALLS	Serving	448	56.85
BREAD STICK, GARLIC, WG 7"	1 EACH	170	25.0
BROCCOLI: 1/2c- Frozen*	1/2 cup	21	2.78
GREEN BEANS: Canned, Seasoned	1/2 CUP	21	4.27
Sauce, Cheese Low fat	1.5 OZ	34	4.5
SIDEKICK, KIWI-STRAWBERRY	1 EACH	90	23.0
SIDEKICKS, BANANA/CHERRY	1 EACH	90	23.0
APPLE: Whole (1 cup) Cut*	1 CUP	72	19.06
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13

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Page 5

Mar 1, 2024 thru Mar 31, 2024

Elementary School LUNCH

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories		2201	278.02 50.5%
Nutrient Guideline		550-650	

Mon - 03/25/2024			
Elementary School LUNCH	Total		
CHICKEN NUGGETS (5)*	5 PIECES	200	13.0
CORN DOG, MINI CHICKEN WG(6)	SERVINGS	270	30.0
POTATO, TATER TOTS, ORE-IDA	9 PIECES	130	16.0
Veggie Cup with Ranch	1 EACH	98	7.04
PINEAPPLE :Canned Tidbits	1/2 CUP	35	8.5
ORANGE: WHOLE, Cut	1 EACH	62	15.39
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13
KETCHUP PPI, Low Na #2	2 PACKETS	20	4.0
Weighted Daily Average % of Calories		1058	129.07 48.8%
Nutrient Guideline		550-650	

Tue - 03/26/2024			
Elementary School LUNCH	Total		
Tamale, Beef*GF	2 each	508	44.0
Frito Pie *GF	Servings	312	21.34
RICE, SPANISH BROWN	1/2 CUP	281	57.57
CORN: Frozen, Seasoned	1/2 cup	73	17.4
Carrots, Baby*	1 Each	35	8.0
Ranch, Cup Light 1 oz.	1 Each	70	1.0
Strawberries,Frozen,1/2 Cup IW	1 Each	80	21.0
APPLE: Whole (1 cup) Cut*	1 CUP	72	19.06
Milk, 1% White	Half Pint	100	12.0
MILK, CHOCOLATE FF	Half Pint	110	19.0
Weighted Daily Average % of Calories		1641	220.37 53.7%
Nutrient Guideline		550-650	

Wed - 03/27/2024			
Elementary School LUNCH	Total		
Mac & Cheese, Cheeseburger	2/3 cup	310	31.68
Cornbread- Super Star	1 Each	148	23.0
Croissant, Turkey & American	1 EACH	333	32.01
SANDWICH FIXINGS, Condiment	1 Each	12	2.5
POTATO, TATER TOTS, ORE-IDA	9 PIECES	130	16.0
GREEN BEANS: Canned, Seasoned	1/2 CUP	21	4.27
Oranges Mandarin, Canned	1/2 Cup	80	18.96
APPLE: Whole (1 cup) Cut*	1 CUP	72	19.06
Milk, 1% White	Half Pint	100	12.0
MILK, CHOCOLATE FF	Half Pint	110	19.0
KETCHUP PPI, Low Na #1	1 PACKET	10	2.0
MUSTARD, PREPARED - PPI*	PACKET	4	0.23
MAYO SALAD DRESSING, 9G*	1 EACH	30	1.0

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Page 6

Mar 1, 2024 thru Mar 31, 2024

Elementary School LUNCH

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories		1360	181.70 53.5%
Nutrient Guideline		550-650	

Thu - 03/28/2024			
Elementary School LUNCH	Total		
CHEF SALAD, Turkey*GF	1 each	270	8.83
PIZZA, DEEP DISH CHEESE 5"	1 EACH	310	31.0
Pizza, Deep Dish Tonys Pepperoni	1 each	340	39.0
Ravioli: Chef Boyardee	1 cup	248	35.74
Texas Toast	1 Each	100	14.05
Carrots, Baby*	1 Each	35	8.0
Ranch, Cup Light 1 oz.	1 Each	70	1.0
BROCCOLI:1/2c- Frozen*	1/2 cup	21	2.78
Sauce, Cheese Low fat	1.5 OZ	34	4.5
SIDEKICKS, SOURCHERRY-LEMON	1 EACH	90	23.0
ORANGE: WHOLE, Cut	1 EACH	62	15.39
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13
Weighted Daily Average % of Calories		1822	218.44 47.9%
Nutrient Guideline		550-650	

Weighted Average		1660	220.19 53.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1660		550 - 650	255%			1010	
Carbohydrate (g)	220.19	53.05%						Correction Required - Calories too High

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